

Access Issues

Feather River College: DSPS Digital Newsletter

December 2024 Edition



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Campus Greetings

DSPS would like to wish the entire FRC family a happy holiday season. May your days be filled with joy!

Love,

The DSPS Office.

THE VIEW FROM THE DSPS FRONT DESK

Growing Happiness With Seeds of Joy

The holiday season is once again upon us. For many it is a time of happiness and joy, but for others it is a time of loneliness and depression. How could this be? There are several different reasons; first, the days are short and the nights are long. This is often referred to as S.A.D. (Seasonal Affective Disorder). If someone is unable to spend time with family or friends, they may feel isolated, and everyday factors such as less time to exercise and have interaction with others can lead to the winter blues. You are not alone.

First and foremost remember that self-care is important during the ever busy holiday season. Second, here are five ways to sow seeds of happiness that will help ward off the winter blues. Thich Nhat Hanh, a spiritual coach and dharma teacher says "The art of happiness is the art of suffering well."



Above image is of meditation - person sitting on the edge of a cliff looking toward sunrise
(mindfulness free stock photo) [Click here to go directly to the image online.](#)

Here are 5 ways to sow seeds of joy and reap the rewards:

- **Letting go:** Cast off the negative and leave it behind. This frees the mind body and spirit for positive thoughts, ideas, and feelings.
- **Inviting Positive Seeds:** Every positive seed has a negative seed. When you nourish the positive seed, the negative seed goes down.
- **Mindfulness:** Mindfulness is a source of joy and happiness.
- **Concentration:** Has the power to break through, to burn away the afflictions that make you suffer and make room for joy and happiness to come in.
- **Insight:** Clarity that can liberate us from afflictions and allow room for happiness.

There is a great website if you want to learn more. "The Nine Prayers" is a great mantra that you can find on this website if you are interested. [Click here if you want to know more.](#)

The following links are the sources of this article's information:

[Click here for "5 Practices for Nurturing Happiness."](#)

[Click here for "Seasonal affective disorder \(SAD\) - Symptoms & causes - Mayo Clinic"](#)

[Click here for "Dharma - Wikipedia"](#)

CONTINUED: THE VIEW FROM THE DSPS FRONT DESK

Joy for the holidays and life

Tattoo of Joy

Does a tattoo of happiness mean I will be happy daily? Can I get a *forever stamp*? Life has ups and downs, and so life changes. Perhaps I should get a frog tattoo, since happiness sometimes leaps in my heart and then away from me. Maybe I should simply get a phoenix tattoo and then that will remind me that I am always rising from the ashes. We are all sort of doing this, transcending and becoming. But is this a seed of joy? What is the seed of joy anyway? If it is gratitude then what about when I am just not happy? Well, there are options in life. To seek out happiness is a worthy goal, but to be content should be the ultimate goal in life. Who actually feels this way? Moods change and so we often cannot rely on them to be satisfied with life. What does it look like? People and things can influence what we feel, but ultimately happiness is an attitude that you choose from within. Simply stated, to be fulfilled means to be happy with what you have.



alamy

Image ID: 2EXBCC9
www.alamy.com

Above image of the word joy with an arrow through it.

[Click here to go to image online](#)

CONTINUED: THE VIEW FROM THE DSPS FRONT DESK

A US Navy Admiral's Steps to Changing the World

In a 2014 graduation commencement speech at University of Texas at Austin, former 4 star US Navy Admiral and Navy Seal, William H. McRaven outlined 10 steps to being successful in life that he learned from his time at Navy Seal training in San Diego, CA. Here they are:

1. "If you want to change the world, start off by making your bed."
2. "If you want to change the world, find someone to help you paddle."
3. "If you want to change the world, measure a person by the size of their heart, not the size of their flippers."
4. "If you want to change the world, get over being a sugar cookie and keep moving forward."
5. "If you want to change the world, don't be afraid of the circuses."
6. "If you want to change the world, sometimes you have to slide down the obstacle head first."
7. "If you want to change the world, do not back down from the sharks."
8. "If you want to change the world, you must be your very best in your darkest moment."
9. "If you want to change the world, start singing when you are up to your neck in mud."
10. "If you want to change the world, do not ever, ever ring the bell."

To me all this means is toughen up, don't ever give up, and find support in the chaos. Don't be afraid of what other people think. Live right, live well, and be determined. Check out the following links for more:

[Click here to read a transcript of the full speech](#)

[Click here to watch a video of the full speech](#)



[Retired US Navy Admiral and Navy Seal, William H. McRaven](#)

CONTINUED: THE VIEW FROM THE DSPS FRONT DESK

Navigating Anxiety

The Harvard Health Blog, “Anxiety: What it is, what to do” discusses anxiety. According to this source, anxiety is a natural human response in times of danger. It prepares one’s body to fight or flight in the given situation. This reaction is typically a very useful tool according to Olivia Guy-Evans, “Fight, Flight, Freeze, or Fawn: How We Respond to Threats.” However, if one experiences anxiety continuously in times of no danger, that can be a sign of an underlying issue.

There are multiple different anxiety disorders, some include:

- Generalized anxiety disorder
- Social anxiety disorder
- Phobias
- Panic disorder

There are a number of ways to cope and handle anxiety. One way includes changing your lifestyle like skipping caffeine. Regulating your body through breathing and mindfulness can also aid in overcoming anxiety. There are plenty of other ways to cope as well. Going to therapy and talking to a doctor can help one find what tools are best for them.

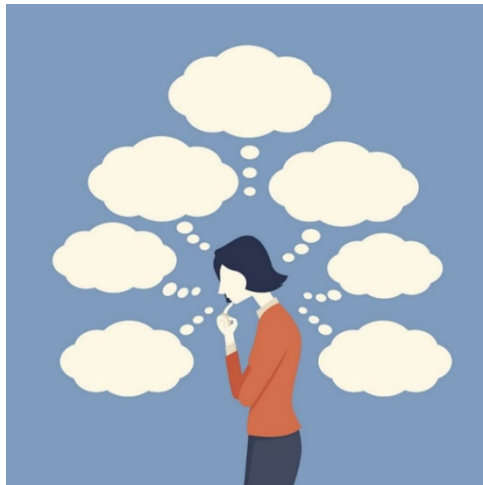


Image of person with thought clouds around them.

[Click here to go directly to the image online.](#)

For more information check out the following links:

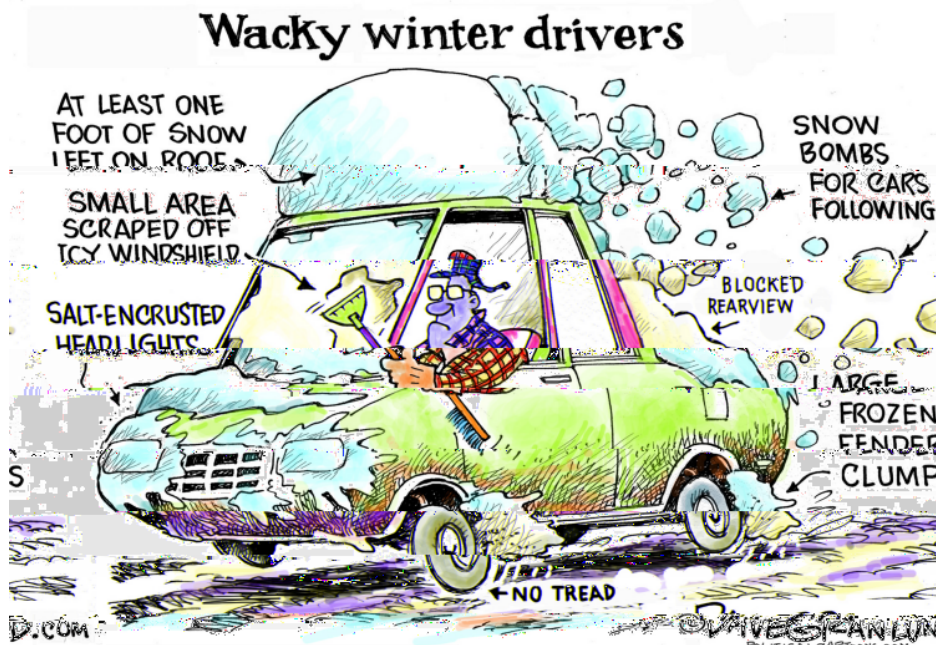
- [Click Here To Learn More about Anxiety](#)
- [Click Here To Learn More about Fight or Flight](#)
- [Click Here For FRC Mental Health Resources](#)

Wacky Winter Drivers

The joy of driving in the winter includes doing it safely. It's always a good thing to brush up on how to drive in the mountains so you don't wreck! These days the roads are icy and some precautions must be taken in order to avoid accidents. Let's go over some road rules to keep in mind:

- Always be alert, well rested, and above all wear your seatbelt
- Clear the snow from your car. Many people don't know this but it is actually illegal to drive with snow on your car.
- Practice safe breaking and downshifting gears to slow down in winter conditions
- Keep an emergency kit on hand just in case something were to happen
- Keep an eye on your tire conditions, the more grip the better

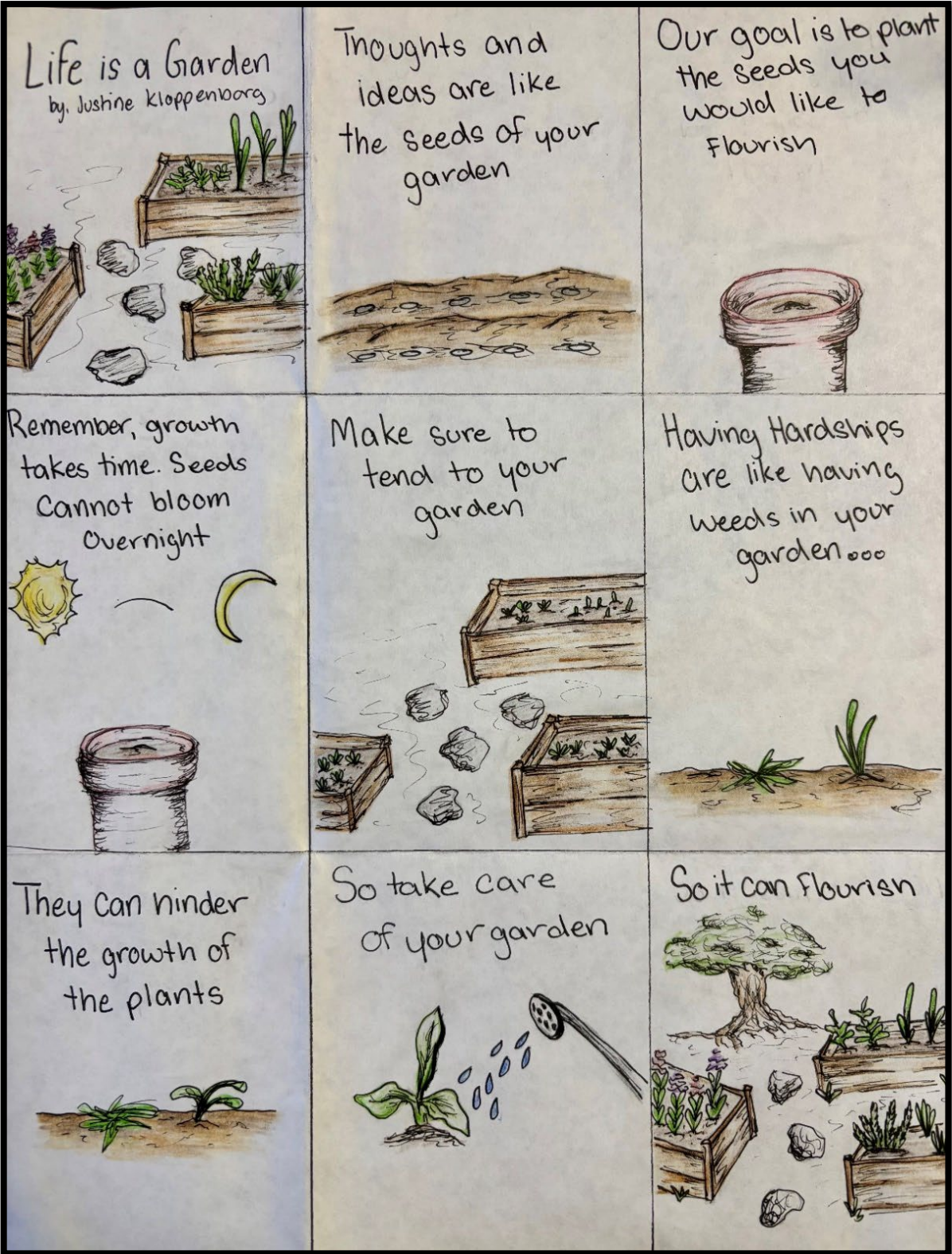
[Click here for a link to the National Highway Traffic Association for more of an in-depth understanding of driving in winter conditions](#)



Above comic of what not to do in winter driving.

[Click here to go to image online](#)

CONTINUED: THE VIEW FROM THE DSPS FRONT DESK



COMIC STRIP "LIFE IS A GARDEN" BY JUSTINE KLOPPENBORG

WHAT'S GOING ON IN THE DSPS OFFICE?

Office traditions of connecting to joy: parties, holiday decorations, gratitude statements.

BREAD BAKING BASH CONTEST RESULTS: 1ST PLACE WAS KAREN'S SAVORY SCONES, 2ND PLACE DANIELLE'S FAMILY ZUCCHINI BREAD, 3RD MONICA'S SWEET CINNAMON ROLLS



Darrel, Venice, and Karen



Brandon and Heather



Venice, Sonja, and Monica



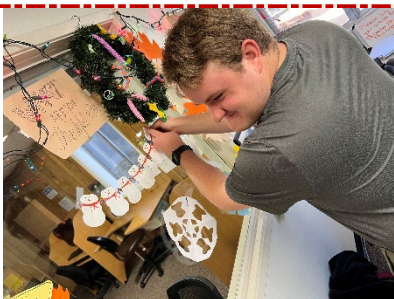
Decorative gratitude statements on leaves and bulbs



Danielle and Heather



Sean and Sami



Brandon



Brandon, Heather, Billy, and Sean



Heather and Justine

DSPTS CAN SUPPORT YOU!!!

OVERVIEW OF DSPTS SERVICES

The Disability Support Programs for Students (DSPTS) assists those with disabilities access technologies, aides, academic adjustments, and services to support their success at FRC. A few examples of our services include testing accommodations, access to audiobooks, and assistance with class notes. The DSPTS Director and the student work together to determine appropriate accommodations, and create a personalized Academic Accommodation Plan.

IF YOU HAVE ANY OF THE FOLLOWING VERIFIABLE DISABILITIES, YOU MAY QUALIFY FOR SERVICES:

- | | |
|--|---|
| <ul style="list-style-type: none">• Mental Health (anxiety, depression, PTSD, etc.)• ADHD/ADD• Learning Disability• Autism Spectrum Disorder• Blind/Low Vision | <ul style="list-style-type: none">• Acquired Brain Injury• Intellectual Disability• Physical Disability• Deaf/Hard of Hearing• Other Disabilities |
|--|---|

To access DSPTS services students must contact Billy Ogle, Director of DSPTS and WorkAbility III. You will need to provide verification of your disability (IEP, 504 Plan, documentation from a doctor, etc.). **For more information, [please click here to see our website](#), or contact at [Billy Ogle by clicking here](#).**

DSPS STUDENT STAFF



Brandon James

Brandon James is a sophomore at FRC and he is on track to graduate next spring with an Associate's degree in General Agriculture. Brandon is originally from Fallbrook, CA located in northern San Diego County. He enjoys spending time outdoors, hanging out with friends, playing video games, and trying new things. His favorite quote is "Do or do not. There is no try." Brandon has enlisted in the Army and will be attending basic training in May.



Justine Kloppenborg

Justine Kloppenborg is a sophomore at FRC who is working towards an Environmental Studies Degree and an Ecological Farming Certification. She was born and raised here in Quincy and loves the area because of the outdoors. Some topics she enjoys learning about include Entomology, Botany, and Geology.



Sonja Partain

Sonja Partain is a long time Plumas County resident and a graduate of Loyalton High School. She loves creating art, gardening, and spending time with family. Sonja is a first year college student at FRC, is a non-traditional student (returning after raising her kids), and is majoring in Fine Art and Earth studies. She has a passion for writing and being an advocate for beneficial programs, mental health awareness, and disability accommodations.



Sean Cvengros

Sean Cvengros is a second year student at FRC. His major is Psychology with the goal of ultimately becoming a therapist in the future. He loves to spend time outdoors, fishing, backpacking, hiking, surfing and so much more! Sean has a passion for mental health awareness, animals, and Ecology.

DSPS OFFICE STAFF



Billy Ogle

Billy Ogle is the Director of Disability Support Programs for Students (DSPS), and WorkAbility III. He attended FRC as the first person in his family to go to college before transferring to Cal Poly Humboldt to obtain his bachelor's degree. He later went on to obtain his Master of Education degree from The University of Texas at Arlington. Billy has worked with FRC students for over 15 years across many different positions in both the instruction and student services departments. He is grateful to have the opportunity to use his experience to help students with disabilities achieve their goals. Billy lives in Quincy with his wife and two dogs, and spends his free time reading, playing games, and hiking in Plumas County's beautiful outdoors.



Heather
Robinson

Heather Robinson lives in Quincy with her teenage daughter. She attends Chico State University's online Social Science program, working towards a BA with an emphasis on career and life planning. Heather has worked as a caregiver for those with disabilities for about 15 years, as she enjoys assisting others to gain and maintain their independence. Heather loves spending time in the forest and enjoys crystal hunting.



Danielle
Westmoreland

Danielle Westmoreland has worked as the DSPS Assistive Technology Specialist since 2007. She is a Feather River College and CSU Chico alumni. She returned to Quincy to marry her husband after earning her BA at CSU Chico. During her attendance at FRC she was in many student leadership roles. She is now the club advisor for the campus sign language club, Sounds of Signs. She is passionate about helping DSPS students to achieve their educational goals. Her ability to empathize with others comes from her background of having had a traumatic head injury when she was thirteen. She is also author of two books everyone can relate to: "Tapping out Beats" and "Covid Chronicles with Dee and Flower."

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